

Office of Group Insurance
April, 2006 Boise, Idaho

Benefit Focus Update

Open enrollment April 1 – May 31, 2006

State Wellness Program available to state employees, retirees WEIGHT MANAGEMENT

Who can participate?

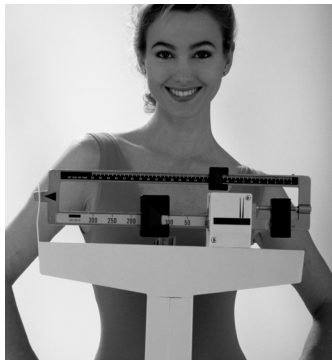
All State of Idaho employees, retirees and dependents that are covered by Blue Cross of Idaho.

Who are the providers?

- Jenny Craig®
www.jennycraig.com
or 800-597-JENNY
(Treasure Valley)
- L.A. Weight Loss®
www.laweightloss.com
or 800-331-4035
(Treasure Valley)
- Weight Watchers®
www.weightwatchers.com
(All of Idaho)

When and where can I sign up?

Sign up starts today and ends on Wednesday May 31, 2006. You must first sign up with the weight program of your choice. The program director will have you complete the proper form and instruct you on how to submit the form. Your next step is to go to www.bcidaho.com, log in as a member, go to the wellness link and enter the requester's information for program of your choice.



*"By incorporating
healthy lifestyle
changes, you will
have more energy,
sleep better, and
improve your
physical and
mental health."*

**Governor -
Dirk Kempthorne**

*For more
assistance, contact
the Office of Group
Insurance at
1-800-531-0597*

How does reimbursement work?

Six months after starting the program if you have lost 10% of your initial weight, you will be reimbursed \$100.00. After 12 months if you have either maintained that weight loss, or are just now achieving the 10% weight loss, you will be reimbursed another \$100.00. This means that each individual has the potential of receiving up to \$200.00.

How do I get my check?

You and your program director will be keeping track of your progress. There are two options for verification of your weight loss:

- 1) Your director can send the information electronically or via regular mail to Blue Cross of Idaho; or
- 2) You can copy your information, with your director's signature and send it in to Blue Cross of Idaho.

Blue Cross of Idaho will verify your achievement and forward your reimbursement to you.

Questions:

For questions regarding the weight management program please contact Office of Group Insurance at **1-800-531-0597**.